



























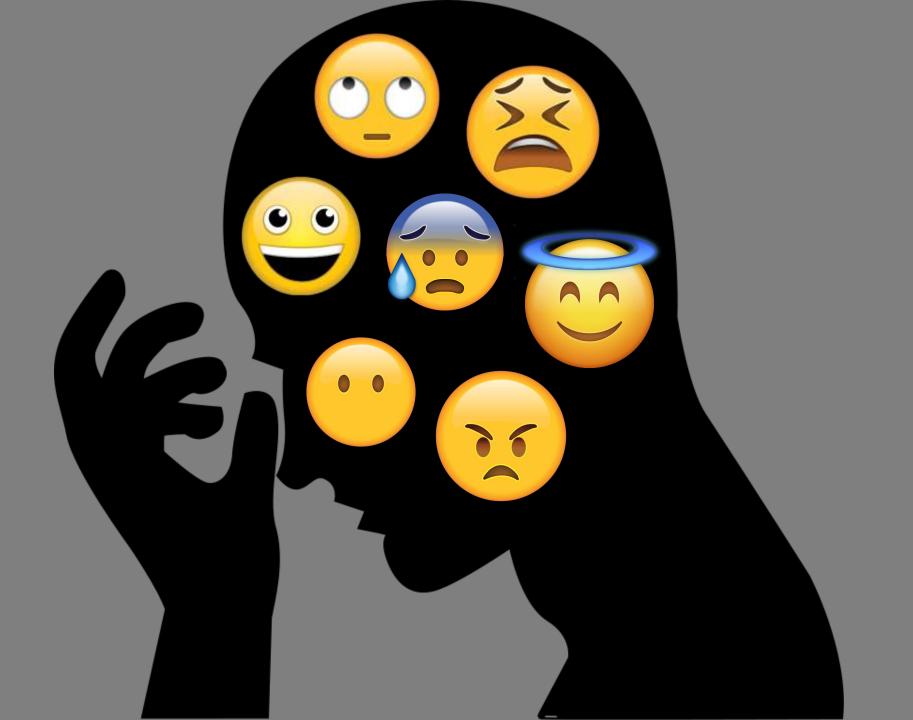
"I feel...out of sorts I am tired... Sometimes I feel that I am headed toward a dark shadow. I sense that the darkness could get its ugly grip on me if I don't turn the corner..."

IQ - Intelligence Quotient

EQ - Emotional Quotient

EI – Emotional Intelligence

People with high EQ tend to be more successful in life than those with lower EQ even if their IQ is just average





2 Timothy 1:7 For God did not give us a spirit of timidity, but a spirit of power, of love and of self-discipline. (Sound mind)

The path to increasing your Emotional Quotient

The Ability to •Reduce Negative Emotions

- •Stay Cool and Manage Stress
- •Express Difficult Emotions
- •Not be Reactive in the Face of a Difficult Person
- •Bounce Back from Adversity

•Express Intimate Emotions in Close, Personal Relationships

Treatment plan for "Emoji head"

Psalm 100 Vs 1 Shout for joy to the LORD, all the earth.

1 Samuel 4:5 When the ark of the LORD's covenant came into the camp, all Israel raised such a great shout that the ground shook.

Joshua 6:20

When the trumpets sounded, the people shouted, and at the sound of the trumpet, when the people gave a loud shout, the wall collapsed; so every man charged straight in, and they took the city.

When God's people shout things happened

There is power in the shout

Hallelujah!!

Greater is He that is in me than he that is in the world!!

In the Name of Jesus!!!

Jesus you are the Great I AM Jesus you are the Resurrection Jesus you are the Way, the Truth, the Life Jesus you are the One who set us free Jesus you are the giver of strength

Jesus, Jesus, Jesus There's just something about that name Master, Savior, Jesus Like the fragrance after the rain Jesus, Jesus, Jesus Let all heaven and earth proclaim Kings and kingdoms shall all pass away But there's something about that name.

Shouting to the Lord will increase our EQ

Vs 2 Worship the LORD with gladness; come before Him with joyful songs.

Worship is people or a person responding to a gracious God

Responding to a gracious God will increase our EQ

Vs3Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

Knowing the LORD is God will increase our EQ

Vs3Know that the LORD is God. It is He who made us, and we are His; we are His people, the sheep of His pasture.

Knowing

it is He who made us we are His we are His people

will increase our EQ

Vs 3 (personalized) I know that the LORD is God. It is He who made me, and I am His; I am His people, I am a sheep of His pasture.

Vs 4Enter His gates with thanksgiving and His courts with praise; give thanks to Him and praise His name.

Talking about what God has and is doing in our lives will increase our EQ

Vs 5For the LORD is good and His love endures forever; His faithfulness continues through all generations.

Grasping that God's love and faithfulness is forever will increase our EQ

Emoji head?

Shout Respond Know Talk Grasp